

METRO READERS SLOW DOWN ON FAST FOOD

See poll in metroVIEWS



LIVE
88.5fm



Ottawa



EMMA JACKSON/FOR METRO

metro



**A TEXAS-SIZED
SHOWDOWN**
Jays to face Rangers in first round of playoffs
metroSPORTS



MONDAY, OCTOBER 5, 2015

High 18°C / Low 5°C Mainly cloudy



'Our leaders need to stand with us'

PARLIAMENT HILL

Protesters want probe into missing, dead women



Haley Ritchie
Metro | Ottawa

Supporters, mourners and those hopeful for change met

at Parliament Hill Sunday afternoon to honour missing and murdered aboriginal women across Canada.

Family members recounted personal stories of love and heartbreaking loss, while supporters held up red dresses — a symbol of sisters, mothers, friends and daughters who never returned home,

"She was the warmth like the sun on your face and a thousand winds behind

you, keeping you fighting," remembered Amy Miller, talking about her daughter Denise Bourdeau, who went missing in 2007.

"I fought for her for four years," she explained after struggling to read aloud a letter her daughter wrote before she was murdered, detailing struggles of abuse and alcoholism in her relationship.

Bourdeau's body was eventually found along the Grand

River. Last March her partner David Thomas was found guilty of second-degree murder.

Some speakers demanded a government inquiry, some called for more police accountability, and others asked that people stop using their absent loved ones for political points.

"The injustice must end now, and our leaders need to stand with us," said local elder Claudette Commanda.

What the politicians say



Stephen Harper
The PM has said an inquiry is not "really high on our radar."



Justin Trudeau
Trudeau has said Canada "absolutely" needs to address the issue with an inquiry.



Thomas Mulcair
The NDP leader has indicated he is in support of an inquiry, citing a UN call to do so.

THERE'S NO STOPPING THEM

Thousands raised \$1M in this year's Run for the Cure

COVERAGE IN metroNEWS

VFS 30th ANNIVERSARY
INFO SESSIONS

MEET VANCOUVER FILM SCHOOL IN A CITY NEAR YOU.

- > Find a career in animation, film, games, design, sound, or programming
- > Get details about our \$300,000 anniversary scholarship fund
- > Learn about intensive one-year training in Vancouver, Canada
- > Discover if VFS is the right education choice for you

OCTOBER 21
6:00PM-9:00PM
OTTAWA CONFERENCE CENTRE

REGISTER TO SAVE YOUR SEAT
NOW AT VFS.EDU/OTTAWA

30 YEARS
THOUSANDS
OF CAREERS





NDP's Rivier 'not a quitter'

Marlene Rivier is no stranger to elections; This is the health care professional's fifth time running for the NDP in Ottawa West—Nepean.

In a riding that has been Conservative since 2006 and was Liberal before that, Rivier's vote share has fluctuated from 12 per cent to nearly 20 per cent in 2011. But with no incumbent this time due to John Baird's departure from politics, Rivier is optimistic she can create a swath of first-time NDP voters.

"People know that I'm not a quitter," Rivier said. "We embarked on a project to build a strong New Democratic Party base in this riding, and we have succeeded with that."

Rivier, a longtime head of the NDP's riding association,

has community credentials as chair of the Ottawa Health coalition, president of her union local, and through her work with a company that delivers children's clothing, books and toys to low-income communities in the riding.

"I don't just spring to life when they drop the writ," she said. "My contribution in this riding is an ongoing one."

She was officially nominated as the candidate in late August. Her campaign has highlighted the NDP's opposition to Bill C-51, the government's anti-terror

legislation, as well as their proposed federal \$15-an-hour minimum wage, and a new innovation fund to improve child and youth mental health.

One in five people in the riding are seniors; Rivier said the NDP's plans to increase the Guaranteed Income Supplement and lower the retirement age to 65 are resonating with them.

For voters oscillating between the Liberals and NDP, she reminds them of that.

And she said with the NDP's provincial success in Alberta has broken through a "psychological barrier" for Canadians to voting orange.

"People see it as a realistic alternative in ways they might not have in the past."

MICHAEL WOODS/METRO



Marlene Rivier

Conservative Abdi wants to give back to the community's seniors

For Abdul Abdi, making the move to politics after more than a decade in police work is a "natural transition."

The Conservative candidate in Ottawa West—Nepean is on unpaid leave from the Ottawa Police Service, where he has worked for the past 11 years.

"That goes to show you my level of commitment to my community, willing to go on an unpaid leave in order to make a difference," he said.

Abdi arrived in Canada from Somalia at 14 years old. In the 26 years since, he said he has dedicated himself to giving back to the community. Prior to his police career, he worked at the not-for-profit Boys and Girls Club of Ottawa.

Abdi is in an interesting spot; he's a first-time candidate running for the party that has held the riding since 2006, trying to hold it for the Tories after cabinet minister John Baird left earlier this year.

"The opportunity for me is to be able to speak of so many positive things that our country can be proud of today, and a lot of that stuff John Baird had a lot to do with," Abdi said.

He cites light rail, Ottawa River cleanup and the planned expansion of the Ottawa Hospital's Civic campus as Baird's

local legacy.

With Abdi's law enforcement experience, he said he wants to focus on victims' rights, saying he's dealt with perpetrators of crime as a police officer.

He is also focused, he said, on advocating on seniors' behalf, saying he wants to give back to those who helped care for him when he arrived in Canada as a teenager without his parents.

"If I can impact public policy, I want to make sure that I help the people who looked after me when I came to this country and provided me the environment in which I grew," he said. "That's why seniors are absolutely near and dear to my heart. I want to make sure I look after them."

MICHAEL WOODS/METRO



Abdul Abdi

Liberal Vandenberg eyes voting reform

ELECTION 2015

RIDING PROFILE:
OTTAWA WEST-NEPEAN



Michael Woods
Metro | Ottawa

If you're ever looking for Anita Vandenberg on a Wednesday, she's easy to find.

For 2-1/2 years, the Liberal candidate in Ottawa West—Nepean has spent nearly every Wednesday afternoon at the Tim Hortons on Carling Avenue, east of Bayshore Drive, to hear voters' concerns.

"It's a priority. I've only missed three and one of those was my honeymoon, so I think I had a good excuse," she said. "It's my commitment to people in the constituency that if they have an issue that they want a little more time than they get at the doors, then they can come and sit down and have a coffee."

Vandenberg, a United Nations senior adviser who ran for the

Liberals in 2011 and garnered 32 per cent of the vote, pledges to continue the practice if she's elected this time.

Vandenberg said she's been working on building relationships in the riding, and touts her support from supporters of all four major parties as examples of her consensus-building skills.

"I have been uniting the progressives in our riding for years," she said.

Vandenberg is a democracy and governance expert; her work with the UN Development Programme's democratic governance group has seen her work with parliaments in the Congo, Kosovo and Bangladesh.

She started to realize the things she was championing — consensus-building, evidence-based policy and debating ideas between parties — are things "we've stopped do-

ing in Canada."

"Here I am as a Canadian going to Africa and Asia and other places in post-conflict zones, and talking about the very things that under Harper I could see... were closing."

The Liberals have pledged to change Canada's first-past-the-post electoral system. With Vandenberg's democratic expertise, she would surely be involved in such efforts.

She doesn't say which system she would like to see Canada adopt, just that the Liberal party would consult with Canadians.

"We have the most anachronistic electoral system in the world, especially for women," she said. "If you look at the bottom 10 countries in the world for the number of women elected to parliament, they are all first past the post. So, absolutely, we have to change the system."



Anita Vandenberg

RIDING PROFILE

Candidates:


Abdul Abdi, Conservative
Mark Brooks, Green
Sam Heaton, Marxist-Leninist
Marlene Rivier, NDP
Rod Taylor, Christian Heritage
Anita Vandenberg, Liberal

2011 results:

John Baird, Conservative: 45%
Anita Vandenberg, Liberal: 32%
Marlene Rivier, NDP: 20%
Mark Mackenzie, Green: 4%

The Series

Metro takes a look at the candidates in Ottawa West-Nepean. It's the eighth and final instalment in our series of profiles. For a look at our previous candidate profiles, visit metronews.ca.



DIPLOMA PROGRAMS • Starting every month!

BUSINESS


Office Administrator • Marketing or HR Specialist | 28 weeks
Executive Business Administration • Co-op | 48 weeks
BA/Business Management • Accounting or HR | 35 weeks

TECHNOLOGY

Advanced Network Security Professional • Co-op | 48 weeks
Network Security Professional | 48 weeks
Mobile Software Developer • Co-op | 60 weeks

HEALTHCARE

Medical Office Administrator with Ward Clerk Specialist • Co-op | 42 weeks
Addictions and Community Services Worker • Co-op | 46 weeks
Personal Support Worker • Co-op | 25 weeks



Be a Willis Graduate
Don't Compete with One!

OTTAWA 613.233.1128

SMITHS FALLS 613.283.1905

ARNPRIOR 613.623.1114



WILLIS COLLEGE

BUSINESS • TECHNOLOGY • HEALTHCARE

Celebrating 120 years of
Job-Ready Skills Training

williscollege.com

CALL NOW!



Ottawa theatre company Once Upon a Kingdom has been invited to perform at an international festival being held in Stratford, Ont., next year. BRYSON MASSE/FOR METRO

Local troupe gets big invitation

YOUNG ACTORS

World Festival of Children's Theatre to be in Stratford

Bryson Masse
For Metro | Ottawa

Months of hard work have paid off for a local theatre company, which recently received an invitation to perform at an international theatre festival.

Once Upon a Kingdom will be participating in the World Festival of Children's Theatre running from June 5 to 14, 2016 in Stratford, Ont.

The thespian capital in southern Ontario has been selected to be host to the festival for the first time in North America.

Founded in 2009, the Once Upon a Kingdom theatre company is a creation of University of Ottawa graduate Ekaterina Vetrov. The children's performance group is an avenue for young people to excel in the theatrical arts.

The company looks for — from the Ottawa area and be-

yond — actors, choreographers, designers and composers who are looking for a professional environment to hone their skills. Every year, Once Upon a Kingdom produces and performs completely original pieces.

"It's awesome to have an outlet that allows kids to do this. Typically, kids will come to class and you tell them what to do," said Alexandra Isenor, the general manager of Once Upon a Kingdom.

"The thing that's different about our class is, we really listen to them and it's their voices shown on stage."

The young actors of Once Upon a Kingdom had to demonstrate their ability to earn their newest invitation after performing in North American venues like the Washington Children's Festival, the Ottawa International Children's Festival and the prestigious Magnetic North Festival.

They participated in an international theatre exchange, where they hosted Atlanta's Solo Theatre. The company wants to show that the performing arts community still has room to grow in Ottawa.

"People always want to leave Ottawa," said Isenor.



The complete lineup for the International Amateur Theatre Association's event will be announced Oct 15. BRYSON MASSE/FOR METRO

“We all do theatre, so in a way we all speak the same language.”

Natalie Vilkkoff

"Ottawa can be a huge scene if people were to create this kind of theatre."

At the international festival, Once Upon a Kingdom will be

performing beside troupes from 18 different countries. Previously held in places such as Turkey, Japan and Cuba, the World Festival of Children's Theatre says it works to bring "the world's children together to share each other's stories and culture through theatre." The festival expects about 250 children between the ages of seven and 15 will perform in Stratford.

"They are doing theatre for each other. The audience will

be made up of children from other countries and the local school district," said Steve Rae, general manager of the festival in Stratford. "They're on board with it as well. They give us lots and lots of support."

Sanctioned by the International Amateur Theatre Association, the festival occurs every two years and returns to its original location of Lingen, Germany every other event.

The steering committee fought for Canada and Strat-

ford to be the 2016 venue of the festival.

"It was quite a process to get the bid into (the International Amateur Theatre Association)," said Rae. "It was like mini Olympic bid."

The families of the city known for its Shakespeare festival are gearing up to host the kids and their chaperones in their homes.

The organizers are inspired by the chances of which the kids attending will be able to take advantage.

"That opportunity for the children of our area to meet other children from around the world, find common bonds with them, make Facebook friend with them," said Rae. "That moves mountains. That changes the world we live in, and the world they live in."

"We all do theatre, so in a way we all speak the same language," said 10-year-old Once Upon a Kingdom student Natalie Vilkkoff, when asked if she was worried about making new friends.

The World Festival of Children's Theatre will announce their complete lineup on October 15th and will have Canadian band Blue Rodeo return to Stratford for a benefit concert.



Nova Scotia musician Dean Brody recently took home another Canadian Country Music Association (CCMA) Award for best music video for *Upside Down*. CONTRIBUTED

National tour hits Ottawa

MUSIC

Award-winning country stars Brody, Brandt arrive Oct. 19



Lucy Scholey
Metro | Ottawa

Dean Brody launched his country music career in Music City — Nashville, Tenn. — about a decade after Paul Brandt.

But it was not until their first tour together this year when they realized just how much their musical paths aligned.

Brody quit his label after they tried to strong-arm him into a musical direction he was unwilling to take. Brandt did the same thing years earlier.

“His experience with his Nashville record label almost mirrors mine,” Brody said while on the road outside Medicine Hat, Alta., during his Road Trip tour with Brandt. “I couldn’t do it, neither could Paul and that’s kind of the commonality we have with our deals in the U.S.”

Brandt packed up and headed to his birthplace of Calgary, where he launched his

label, Brand-T Records. Brody did not return to his native British Columbia, but veered to the opposite coast, settling in Chester, N.S. with his wife and their two children.

The Nashville experience was not all for naught. Brody said he learned how to write down south.

If his path continues to mirror Brandt’s, that’s not such a bad thing. Brandt is one of Canada’s most decorated country musicians, with a slew of gold and platinum albums to his name.

Brody is collecting the accolades, too. Last month, he took home another Canadian Country Music Association (CCMA) Award for best music video for *Upside Down*.

The winning video mirrors the lyrics to the upbeat ukulele-laden tune — a crew of bohemians in a purple bus pick up a hitchhiker. They drive around, getting high, eating Doritos and hanging out in the summer. It’s filmed in the Californian sunset-kissed hills outside Los Angeles.

He wrote that song on his eight-year-old daughter’s yellow ukulele. Eventually, he had to buy his own — a fuchsia version. He does not have it with him this time. Instead, he buys cheaper ukes to give to kids in the crowd.

Upside Down is from his latest album, *Gypsy Road*,

+ ELECTION DAY

Brody and Brandt will be sharing the stage at Ottawa’s Canadian Tire Centre on election day as Canadians head to the polls to cast their votes in the 2015 federal election.

Brody suggests that you take your cowboy boots with you to the voting booth before the concert.

which features banjos and country rock alike.

Then there’s the emotional *Footprints of a Giant*, which is a tribute to Cpl. Nathan Cirillo, who was gunned down at the National War Memorial in Ottawa last year. Out of respect for Cirillo’s family, this song is not part of the set list — or any set list, for that matter.

However, Brody is planning to visit the monument when he lands in Ottawa.

“I just feel like I need to be there. It’s a special place for our country.”

18

Dean Brody and Paul Brandt’s cross-country Canadian tour hits 18 cities. The duo kicked off their trek in Prince George, B.C. on Sept. 29. Brody and Brandt finish their tour on Oct. 24 at Halifax’s Scotia Bank Centre, with Whitney Rose opening.
ROADTRIPTOUR.CA

“I couldn’t do it, neither could Paul and that’s kind of the commonality we have with our deals in the U.S.”

Dean Brody

TRAIN FOR A CAREER AS A PHARMACY TECHNICIAN

Did you know that a Pharmacy Technician is a regulated profession in Ontario?

ACCREDITED BY THE CANADIAN COUNCIL FOR ACCREDITATION OF PHARMACY PROGRAMS

The program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Long-Term Care Facility or a corporate/industrial environment.

CLASSES STARTING OCTOBER 6!



ALGONQUIN CAREERS ACADEMY

1830 Bank St, at Walkley station • 613-722-7811 • www.algonquinacademy.com

FRESH CO.

HOW MUCH WILL YOU SAVE TODAY?

Find a store and see our weekly flyer at FreshCo.com

Ross Video scores big contracts



David Ross, CEO of Ross Video, stands by a virtual set in the company's Ottawa office.
COURTESY ROSS VIDEO

BUSINESS

Local company produces live sports events around world



Lucy Scholey
Metro | Ottawa

Some might call it Ottawa's largest company that few know about.

And it's ironic, considering Ross Video's clients are in the business of being known — the United Nations, BBC World News, the Academy Awards, the International Space Station and the CBC, to name a few.

Recently, Ross Video scored a number of contracts at soccer stadiums in Europe (or football stadiums, depending on which continent you're on). Like the large live video screens at the Canadian Tire Centre, the company is responsible for broadcasting major soccer games in Europe, including Manchester United, and the Chelsea and Liverpool football clubs.

"Name a major broadcaster, sports team and possibly even rock concert act and there's a good chance that we're a part of their producing, their live productions," said David Ross, CEO and son of founder John Ross.

Ross Video started in the basement of the family's Montreal home in 1974. John Ross sold an inexpensive two-seater airplane in which you had to spin the prop by hand. It was a Second World War trainer plane the electrical engineer had rebuilt. It was the seed capital of what's now an international company.

Using the funds, Ross designed the company's first analog switcher and, when it was successful, he realized he needed to hire more hands. So, a year later, the family moved to Iroquois, Ont., south of Ottawa.

David Ross, who's background is in computer engineering, did not plan to join his father's company. But he stepped up to help during the recession in 1991. The company had just laid off half its staff and was trying to break into the U.S. market. His father was considering selling.

"It was a painful time for the company," David Ross said.



We think we're just getting started.

David Ross

Despite the cuts, the younger Ross pushed for growth. Working on the sales side, he tried to steer the company out of the "best-kept secret in Ottawa" marketing zone. In 2004, he opened a new office in Ottawa, which now employs 200 people. Worldwide, Ross Video has 600 employees and sells to 100 countries every year.

Still, the company manufactures out of Eastern Ontario because their products are low-volume, but highly complex.

"Ross Video, in our industry now, is a lot like Apple, where they have an ecosystem of products that all work together beautifully," said Ross, who may be seen typing on his treadmill in his office decorated with triathlon and other race medals.

While an analog switcher started the company, the technology has since evolved to digital and, today, Blu-ray.

OCTOBER 1-25

FREE RING

WITH PURCHASE OF ANY TWO PANDORA RINGS*

FREE RING MUST BE OF EQUAL OR LESSER VALUE

PANDORA®



PANDORA RIDEAU CENTRE

2ND FLOOR • 613.695.6997

Find us on Facebook /PANDORA AT RIDEAU

*In Store Only. Valid only at participating retailers. Void where prohibited. Not valid with prior purchase. While supplies last.

Milroy is Green party maverick

🍀 **ELECTION 2015**

Rugby player and biker isn't your average candidate

Caleb Nickerson
Algonquin College

Tom Milroy is no stranger to defying the conventional.

The Green party candidate for Ottawa Centre rides a Harley-Davidson motorcycle, plays rugby regularly and is a prominent volunteer at his club.

"Someone asked if I support health and wellness," he says, chuckling as he recalls his response: "If I did, I wouldn't play rugby."

He played football and rugby on junior provincial teams in Manitoba before moving to Saskatoon to start a career in information technology.

He got his feet wet in politics by working on the campaigns of several provincial and federal NDP candidates in the late 1990s and the 2000s. His specialty in IT was a unique asset back in the days before technology was synonymous with political campaigns.

He moved to Ottawa in 2003 and worked in labour relations, which led him to writing some labour resolutions for the Green party. He was eventually asked by Green party leader Elizabeth May to run in Ottawa Centre.

He points out what he says are similarities between the NDP of then and the Green party of today, most notably their reputation as a vote-splitting party, siphoning support from the other candidates.

"We have a more mature outlook than people give us credit for," Milroy says, pointing out that a party with the relatively meagre resources of the Greens has to be fiscally conservative in order to run

+ FULL COVERAGE

With the federal election now in full swing, Metro Ottawa and Algonquin College's journalism program have teamed up to provide the most comprehensive campaign coverage in the city.

We've assigned second-year journalism students to cover candidates in every riding in the Ottawa area, from Kanata to Orleans to Osgoode and everything in between.

campaigns. Despite being a new candidate in a riding with a heavily entrenched incumbent in the NDP's Paul Dewar, Milroy has shown a charismatic side in the debates and on social media.

He's not a conventional candidate, but then again, the Greens aren't a conventional party.



Tom Milroy, seen here on his Harley, is running for the Green party in Ottawa Centre. CONTRIBUTED

NEWS

Woman falls 20 feet down cliff at Jock River

Firefighters and paramedics used special equipment to rescue a 69-year-old woman who fell about 20 feet down a cliff in Barhaven on Sunday.

The woman was travelling on the Stonebridge hiking trail along the Jock River just west of Prince of Wales Road when she fell.

Fire services used ropes and a stretcher basket to rescue the conscious woman from the ravine, and then paramedics used a specially-equipped all-terrain vehicle to get her off the five-kilometre trail and into a waiting ambulance.

"It has a stretcher in it and has the capability of going into dense areas," said paramedics spokesman John Blythe.

The woman was taken to Ottawa Hospital with an unspecified leg injury and a cut on her head. Paramedics originally thought she might have a spinal injury, but Blythe confirmed that was not the case.

She was listed in stable condition in hospital.

EMMA JACKSON/METRO



RBC Royal Bank

BANKING REDESIGNED
&
TAILORED
to
YOU



COME IN AND SEE FOR YOURSELF

**GET A
\$100***
VISA GIFT CARD!

With exciting, interactive technology in a relaxed, welcoming environment, **the new RBC near you was designed to fit your life.** Come in and explore the space, on your own or with the help of an advisor. Plus, let us show you how banking can fit you better* and how you could get a \$100 RBC® Visa® Gift Card!



St. Laurent Centre store
1200 St. Laurent Blvd.
613-842-7554
Open Saturdays, Sundays and late
Thursdays and Fridays.

Galipeau covers tracks with trees

ELECTION 2015

Orleans Tory candidate talks carbon footprint

Amanda Pereira
Algonquin College

There's a lot you may know about Royal Galipeau.

He is the Conservative candidate for the Orleans riding in the upcoming election; he is a husband, a father and has been elected as a member of Parliament three times in a row.

But one thing you may not know about Galipeau is that he is a keen environmentalist and an avid tree-planter.

"As a member of Parliament, my carbon footprint ... would take 200 trees 80 years to cover up, and that's not good for the environ-

ment," said Galipeau. "So I try to cover my tracks and I started that when I was in high school."

Tree-planting is something Galipeau has been passionate about for years. He started planning trees when he was 11 years old and since then says he has gone on to plant 52,000 all over the country.

Tree-planting runs in Galipeau's family; his father was also a tree-planter. Galipeau realized the importance of tree planting on family trips, when his father would point out certain forests and tell him about family members who had something to do with the trees in them.

"On our family visits, my father would say, 'You see this forest over here? My father had something to do with the trees planted there,' or 'See that forest over there? I had something to do with planting those trees,'" said Galipeau. "He planted the seed in my own mind that that was an

I don't just talk about the environment and make speeches about it; I actually do something about it.

Royal Galipeau

important thing to do, so I started to do the same thing."

It's a message Galipeau has now passed on to his own children, who have so far planted 23,000 trees.

Galipeau is the sponsor of National Tree Day, and was responsible for the 2011 motion that proclaimed National Tree Day be on the third Wednesday every September. He was at it again this year, once again planting trees.

"I was out planting trees ... in Cardinal Creek with a bunch of kids," said Galipeau.



Conservative MP Royal Galipeau rises during Question Period. ADRIAN WYLD/THE CANADIAN PRESS

INSTALLED CUSTOM WINDOW COVERINGS WITH POWERVIEW™ MOTORIZATION

New from Hunter Douglas, it lets you customize your perfect combination of light and privacy.

HunterDouglas

save \$50 PER UNIT
ON DUETTE® HONEYCOMB SHADES WITH POWERVIEW™

save \$80 PER UNIT
ON PIROUETTE® & SILHOUETTE WINDOW SHADINGS WITH POWERVIEW™

Offers ends October 31, 2015

TAKE UP TO

36 months TO pay

- ✓ EQUAL MONTHLY PAYMENTS
- ✓ NO INTEREST
- ✓ NO ADMINISTRATION FEE† on all Financing Plans

When you use your Sears Financial™ Credit Card. \$99 minimum purchase required, before taxes.

BOOK YOUR FREE IN-HOME APPOINTMENT. IT'S EASY!
1-866-506-7779 | SEARSCUSTOMWINDOWCOVERINGS.CA

†Excludes Gift Cards and Outlet/Liquidation Store purchases. Offer valid until November 15, 2015. "EQUAL PAYMENTS, NO INTEREST" offer: Pay in 6, 12, 24 or 36 equal monthly installments only on approved credit with your Sears® MasterCard®, Sears® Voyage™ MasterCard® or Sears Card. Equal monthly installments determined by dividing financed amount by Financed Term selected. Sears Voyage MasterCard has an annual fee of \$39. Your financed purchase will include taxes and delivery charges. To avoid interest charges on a monthly installment of the financed amount, pay the New Balance every month by the Payment Due Date. The New Balance is shown on your statement and includes the monthly installment amount (not the entire financed amount) and any other balances, interest and fees that are owing on your account. The financing offer will be cancelled if you do not pay the Base Payment (shown on your statement) in full for any 4 months, at which time the unpaid balance of the financed amount will be subject to interest charges at the Annual Interest Rate for purchases (new accounts - 19.99% for Sears MasterCard and Sears Voyage MasterCard or 29.9% for Sears Card). If you are an existing cardmember, refer to your statement for your Annual Interest Rate. See Cardmember Agreement for details. Administration fees: 6 months - \$0.00 on the Sears Financial Credit Card; 12 months - \$0.00 on the Sears Financial Credit Card; 24 months - \$0.00 on the Sears Financial Credit Card; 36 months - \$0.00 on the Sears Financial Credit Card. \$99 minimum purchase required, before taxes. No interest charged on your financed purchase during term. NE101H115

Sears 
Custom Window Coverings

Resilience on display at run

BREAST CANCER

Event raises at least \$850,000 for people fighting cancer

Emma Jackson
Metro | Ottawa

There was no denying the celebratory mood as thousands of runners and walkers flooded the finish line on Sunday morning in support of breast-cancer research.

The CIBC Run for the Cure welcomed 5,500 participants and hundreds of spectators for the 22nd annual event. The early tally was \$850,000, but organizers expected that number to hit \$1 million as last-minute donations poured in.

Breast cancer is a sombre topic, but most participants sported smiles as they finished the race dressed in pink boas, tutus, cowgirl hats and sparkly tiaras.

It was certainly a show of strength for Judi Corkery, who



Kate Blackwell, middle, was diagnosed in April at age 38. From left: Sheena Graham, Anna Blackwell, Kate, Sonja Woods and Amelia Woods celebrate after participating in the CIBC Run for the Cure at Tunney's Pasture on Sunday. EMMA JACKSON/METRO

brought 30 people with her to carry a "In Memory of Judi's Jugs" banner after her breasts were removed in 2014. Sitting in a wheelchair and wearing a set of cheerful nylon breasts

on her head, Corkery was in good spirits as she described how the cancer spread to her brain earlier this year.

She's not sure how much time she has — possibly less

than a year — so she's ticking some travel destinations off her bucket list, including a trip to Hawaii and a visit to friends in Europe.

Her friends and family have been a huge support through her illness, she said. People across North America have run in her honour, including five in Toronto, another crew in Alberta and even some on the Caribbean island of St. Maarten.

"I am so blessed," she said. Kate Blackwell, 38, had much to celebrate on Sunday, too. Her cancer arrived "out of the blue" in April, and one breast was removed in June. Fortunately, the doctors removed all the cancer in one shot, so she skipped chemotherapy and radiation. Her treatment went so well, Blackwell said, her reconstructive surgery has been pushed up from December to next week.

"The medical system was



Most sported smiles as they finished the race dressed in pink boas, tutus, cowgirl hats and sparkly tiaras.

EMMA JACKSON/METRO

+ BY THE NUMBERS

The goal: Organizers expect to raise about \$1 million this year, which will take the 22-year total over the \$20-million mark by the end of 2015.

The research: The Canadian Breast Cancer Foundation spends 70 per cent of its money on "innovative and relevant" research to reduce the incidence and mortality rate of breast cancer and to improve quality of life for the afflicted. In 2014, the foundation gave \$7.9 million to 27 Ontario breast-cancer research projects.

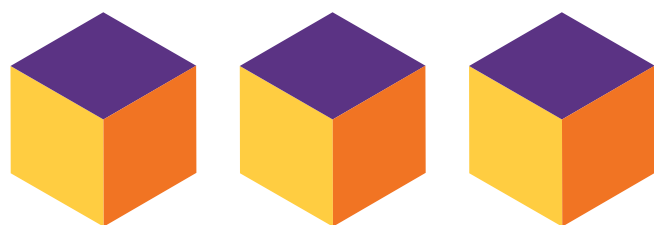
The outlook: One in nine Canadian women will develop breast cancer in her lifetime, making it the most common cancer diagnosis for women. About 25,000 women and 220 men will be diagnosed, and about 5,000 will die each year. It is the second-most deadly cancer for women, following lung cancer. However, mortality rates have dropped by 44 per cent since the 1980s.

"There are more survivors here today than there would have been 10 years ago," said run co-ordinator Susan Enns.

incredible," she said.

Like Corkery, Blackwell said friends and family have been a major support.

"They make it easier to get through the challenge when you know so many people have your back," she said.



50% OFF

THE FIRST 3 MONTHS RENT*

contact us:

613 707 6882

publicstorage.ca



Present offer to our Orleans or Gatineau locations for details

*OFFER EXPIRES NOVEMBER 30, 2015

Achieve BBB, CBC Government levels faster than any language school or tutor!!



Coaching public servants since 1992

French & English
Personalized training from an evaluator
Flexible: 7 days/wk • Our office or yours

ENROLL NOW!

Beginner classes on Thursday or Saturday

YANNIC COULON
EXECUTIVE COACHING

Phone-SMS: 613-292-1299 275 Slater Street



THEY GROANED, THEY STIRRED, THEY ALL UPROSE... BRAIN HUNGER SWEEPS OTTAWA STREETS Hundreds of groaning, moaning and screaming zombies took over Ottawa's downtown streets Sunday afternoon after an outbreak of contagious brain hunger began at City Hall. The annual all-ages Zombie March raises money for the Ottawa food bank. **HALEY RITCHIE/METRO**

ENVIRONMENT

City plans switch to LED lights

The City of Ottawa plans to switch 58,000 street lights to energy-saving LED bulbs over the next four years.

Energy Ottawa will finance the \$27 million project, to be paid back over six years. The deal has the potential to cut the city's street light energy usage in half, reducing carbon emissions by more than 1,000 tonnes per year — enough to power 210 cars.

Pilot projects across the city — including a 750-street-light conversion project along Carling Avenue — have already yielded good results, according to a city report going to the environment committee.

The Carling project alone saved more than 638,000 kWh of electricity, for an annual savings of \$72,000.

Maintenance costs could also be reduced by 50 per cent, the report said, and the LED bulbs will create better ambience in neighbourhoods.

The environment committee will consider the deal on Monday. **EMMA JACKSON/ FOR METRO**

If you got this card, you're ready to vote!

Federal election day is October 19.

Did your voter information card arrive in the mail? It tells you that you're registered to vote, and explains when and where you can vote.

If you didn't receive one, or if it has the wrong name or address, **check, update or complete your registration at elections.ca**. Or call **1-800-463-6868** (TTY 1-800-361-8935).

Elections Canada has all the information you need to be ready to vote.



Ready to vote 
October 19, 2015





READY TO ENGAGE

Metro's coast to coast daily election series connects young, urban Canadians to the issues they care about

'I've seen Canada be a very accepting society'



ROSEMARY WESTWOOD
in Toronto

Blawal Aleem, 21, knows the value of a vote.

In Pakistan, where his parents are from, Ahmadiyya Muslims such as Aleem are prevented from casting a ballot unless they declare themselves non-Muslims, and so most do not vote.

This federal election — his first — is "very interesting," he says, "but in terms of who I want to vote for, I'm clueless, because when it comes to Muslims, specifically, there's a lot of issues present."

Chief among them, the niqab debate. "I'm strictly against the niqab ban because I don't think it falls in line with Canadian values." And the fact that two federal courts have ruled against the ban shows he's right, he says.

He'd thought in previous years that the Conservatives, overall, had been "pretty good." "But ever since this niqab issue has shown up, I haven't been too sure which way to sway," he says.

To Aleem, nothing matters more than preserving an image of Canada he holds dear — where immigrants are

welcomed, instead of feared. Where everyone is treated as an equal, regardless of background or religion.

"I think being born in Canada, I've seen Canada be a very accepting society of others, and I want to ensure that, for me and future generations, it continues to be the same," he says.

Aleem was born in Toronto, raised in Vaughan, and will be voting in the tight race in King-Vaughan, where the Conservative candidate has come under fire for homophobic and misogynistic Facebook posts that he has said do not match his values. The riding's recent polls show the Liberals and Conservatives neck and neck, and the NDP slightly behind.

Soon to graduate with a business IT degree from Ryerson University, Aleem isn't swayed by some politicians' promises to cut tuition fees and student debt. "In the short term that would seem beneficial, but in the long term I'm not sure that would be too beneficial because in the end that's just coming out of our pockets," he says.

Adding to his confusion is the fact that all the leaders have done pretty well in the debates, he noted. He

likes that the Liberals reject the Conservatives' stance on the niqab ban, but notes he's against Liberal-supported bills C-51 and C-24.

"There's been a lot of talk of how Islamic values contradict Canadian values, but I don't really see that, because I believe that Islamic and Canadian values fall in line with each other," he says. "People may say, 'You're a Muslim. What's your stance on ISIS and what's your stance on violence?' and I straight out condemn it, because that's a minority that's ruining it for the majority."

"I do feel that in some way I have to clear up misconceptions," he adds, "because I've seen the recent rise in Islamophobia. People are going to look at us and say, 'These are from the same group of people,' and we're really not."

Aleem says he won't be swayed by religion or race. "Regardless of whether someone is white or black, even if they're Muslim, that doesn't mean they're necessarily representing me. If they have the right policies, I'm all for them."

Rosemary Westwood is travelling across the country talking to young voters. She'll be in Toronto again tomorrow.



VOTER PROFILE

Name: Blawal Aleem **Age:** 21 **Riding:** King-Vaughan
His issues: Niqab ban/Canadian values

Students unimpressed by federal parties' messaging

CALGARY

Platforms target youth with hashtags, catch phrases



Jeremy Simes
For Metro | Calgary

Some University of Calgary students don't appreciate Canada's major political parties dumbing down their messages to win their votes.

Their reactions are a result of Conservative Party pamphlets that have been spotted on the university campus and which are circulating on social media.

The pamphlets read, "Let the lefties run your campus. Help the Conservatives run the country," and, "Dropping taxes for families. Dropping bombs on ISIS. Dropping crooks in jail."

But it isn't just the Conservatives using one-line zingers: The Liberals and the NDP are both using hashtags and catch phrases to attract the youth vote.

The Young New Democrats use



A sample of the Conservative Party's pamphlets that have recently been spotted at the University of Calgary. CONTRIBUTED

an image of a backpack on their website, with a question that reads, "What's Stephen Harper putting in your backpack?"

The Young Liberals aren't jabbing at the other parties. Rather, the group is using #Generation- Trudeau to only focus on the Liberal leader, asking youth to join the fight for "real change."

The Young Greens take aim at the Conservatives on their Take Action page, which calls young people to ensure it's "Harper's last term as Prime Minister."

Adam Kostiuk, a University of Calgary student, said he doesn't enjoy single-issue politics — students are multifaceted when it comes to political issues.

"To think (parties) can come here and appeal in a strong, simple ideology in a straightforward way is out of touch," he said.

"That's not a way to get university students' attention," added U of C student Bonnie Trafford. "We are all intelligent people here, and that (simple approach) doesn't really resonate."

U of C student Justin Lorincz said one-liners are a bit of a joke.

"It seems like (parties) aren't taking it seriously," he said.

"It also annoys me when they only point out the bad things of another party," he added. Referencing the Conservatives' pamphlets, Trafford said the only thing she got out of it was a good

chuckle.

"It's not going to get any of our attention, aside from a laugh,"

she said. "If people already agree (with the Conservatives), then they'll probably be happy with

(the pamphlet). But for others who are undecided, I don't think it does much."

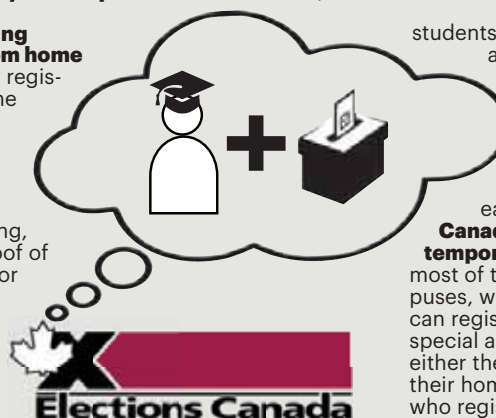
BY THE NUMBERS

Exercising the Franchise 101

Elections Canada, whose own research shows that a mere 38.8% of eligible voters between 18 and 24 cast ballots in the 2011 election, is hoping a new pilot project, which starts today on campuses across Canada, will boost that number.

Students attending schools away from home

can either remain registered in their home ridings and vote there — by mail or by travelling on election day — or register in their school's riding, by presenting proof of local residency. For many out-of-town students, the added difficulty involved with either of these options is enough to prevent them away from casting a ballot, and



students voted in 2011 at an even lower rate than the general 18-24 population.

Starting today, to make things easier, **Elections Canada is opening temporary offices** on most of the country's campuses, where students can register and cast a special advance ballot, in either the local riding or their home ridings. Those who register at the temporary offices still need two pieces of ID, one of which has an address.

explains in part why Elections Canada found that

NDP casts a shadow on Pacific trade deal

ELECTION 2015

Mulcair insists his party won't be bound by 'secret' pact

With the possibility Canada could join a massive Pacific Rim trade deal within hours, Tom Mulcair tried to cast his NDP on Sunday as the only party ready to stand up to the Conservatives on a pact he insisted could hurt Canadian farmers and manufacturers.

"The NDP, when we form government on Oct. 19, will not be bound by this secret agreement that Mr. Harper has been negotiating," the NDP leader said at a campaign stop in Brantford, Ont.

Mulcair made the comments as his campaign rolled across southwestern Ontario with half-a-dozen planned stops, including the cities of London and Sarnia.

While in Waterloo, Mulcair warned a crowd of 300 of what the controversial, 12-country Trans-Pacific Partnership could do to the region's farmers.

His whistle-stop tour took place as negotiators in Atlanta tried to seal the deal on a long-awaited agreement.

In an effort to conclude the agreement, negotiators held a series of all-night sessions pushing the meeting three days beyond its original schedule.

Mulcair has been trying to burnish his social-democratic credentials by insisting he won't be bound by a Conservative deal on the Trans-Pacific Partnership, which would create the world's largest trade zone.



NDP Leader Tom Mulcair speaks to supporters in Sarnia, Ont. RYAN REMIORZ/THE CANADIAN PRESS



WHERE THE LEADERS ARE MONDAY



• **Stephen Harper** will be in Richmond Hill, Ont.

• **Justin Trudeau's** itinerary was unavailable.

• **Tom Mulcair** will be in Toronto.

• **Elizabeth May's** itinerary was unavailable.

It remains to be seen whether Mulcair's blitz would jumpstart the NDP campaign, which recent polls suggest has been stalling.

Mulcair has hammered away

on the importance of upholding the country's supply management system for dairy and poultry farmers.

Foreign negotiators have said Canada's protectionist sys-

tem would have to be opened up for a deal to be reached, though it remains unclear what concessions might be made by the federal government.

The Conservatives have insisted they would keep the supply-management system intact amid political pressure from opponents, provincial governments and the dairy lobby.

But the federal government has left open the possibility it could allow for an additional, if limited, share of foreign goods into Canadian grocery stores.

A TPP deal, which the government has said would boost the Canadian economy as a whole, could also have a similar effect on the auto sector.

THE CANADIAN PRESS

STILL IN PAIN?



It is not normal to keep suffering from:

- Heel and Foot Pain
- Collapsing or Flat Feet
- Ingrown or Fungal Nails
- Stubborn Plantar Warts
- Repetitive Sports Injuries or Ankle Sprains
- Bunions and Hammertoes

We make feet feel better!



Pierre Dupont, Doctor of Podiatric Medicine
Registered Chiroprapist | Foot Specialist

28 Deakin Street, Suite 101 | 613 595-9700
OttawaFootPractice.com

Visit our website and download our complimentary e-book!

STOP rock chips and cracks BEFORE they spread!
Starting from \$49.99

CRACKMASTERS
Windshield Repair & Replacement Specialists
15 Grenfell Cres., Nepean
crackmasterscanada.com • 613-716-7746

WORLD FAMOUS SPIRITUALIST & PSYCHIC
Master: RAMDEV
100% GUARANTEE
ALL RELIGIONS WELCOMED
KNOW YOUR LIFE & ADJUST YOUR WAY

LOVE, MARRIAGE, HUSBAND-WIFE, FAMILY, BUSINESS, EDUCATION, JOB, SUCCESS, HEALTH, COURT, DIVORCE, CHILDREN MISTAKE, ETC
REMOVES BLACK MAGIC, JADOO, VODOO, WITCHCRAFT
OBEYA & GIVES 100% FULL LIFELONG PROTECTION
HE CAN HANDLE ANY KIND OF PROBLEMS
613-462-4165
558 THOMSON ST. OTTAWA (MONTREAL & ST. LAURENT BLVD)

IN BRIEF**Debris, oil sheen found during ship search**

Rescuers spotted floating debris and an oil sheen Sunday as U.S. crews continued an intensive search off the southeastern Bahamas for a U.S. cargo ship with 33 people on board.

The ship, the 790-foot El Faro, has been missing since it lost power and was taking on water in fierce seas churned up by Hurricane Joaquin.

The U.S. Coast Guard has not yet been able to confirm whether the debris and oil is from the El Faro.

THE ASSOCIATED PRESS

Joaquin weakening

Bermuda was lashed Sunday by gusting winds and pelting rains from Hurricane Joaquin as its spinning centre tracked just southwest of the wealthy tourist destination.

After roaring across the Bahamas as a major Category 4 hurricane, Joaquin weakened as it headed north. By early Sunday afternoon, forecasters said sustained winds had dropped to 165 km/h, making it a Category 2 storm.

THE ASSOCIATED PRESS

Airstrike kills 22

AFGHANISTAN

MSF leaves Kunduz after hospital hit in northern city

International medical charity Doctors Without Borders said on Sunday it had withdrawn from the northern city of Kunduz after a deadly airstrike destroyed its hospital and killed 22 people.

The city briefly fell to the Taliban last week before the government launched a counter-offensive, and the humanitarian situation within it has been growing increasingly dire, with shops shuttered because of ongoing fighting and roads littered with mines planted by insurgents.

"All critical patients have been referred to other health facilities and no MSF staff are working in our hospital," said Kate Stegeman, the communications manager for Doctors Without Borders, using the French acronym for the organization.

"Some of our medical staff have gone to work in two hospitals where some of the wounded



An explosion burned out the Doctors Without Borders medical facility in Kunduz Saturday.

THE ASSOCIATED PRESS

have been taken," she added.

Investigations continue, MSF announced Sunday three injured patients died, bringing the total to 10 in addition to 12 staffers.

The charity said in a statement Saturday "all indications" placed responsibility on the international military coalition, and Army

Col. Brian Tribus, a spokesman for American forces in Afghanistan, said a U.S. airstrike "in the Kunduz vicinity" around 2:15 a.m. Saturday morning "may have resulted in collateral damage to a nearby medical facility."

Afghan officials said helicopter gunships returned fire from

Taliban fighters who were hiding there, but Stegeman said there were none in the facility.

President Ashraf Ghani said a joint investigation was underway with U.S. Forces. President Barack Obama said he expected a full accounting of what happened.

THE ASSOCIATED PRESS

LIBYA

95 bodies washed ashore

The bodies of at least 95 migrants have washed ashore in Libya over the past five days, a spokesman for Libya's Red Crescent said Sunday.

Mohamed al-Masrati said Red Crescent scouts found 85 of the corpses near Libya's capital Tripoli and 10 near Sabartha, a Libyan coastal city that is a main launching point for smugglers' boats headed to Europe. He says most of the deceased are migrants from other African countries.

Thousands seeking a better life in Europe cast off from Libya, hoping to reach Italy. The International Organization for Migration says more than 2,600 have died in 2015 on the Central Mediterranean route.

Smugglers exploit Libya's internal turmoil to ship thousands of migrants.

"Up to today there are more than 550,000 internally displaced people in Libya due to the current conflict in Benghazi and other places, and we believe this number will increase to at least 600,000," said al-Masrati.

THE ASSOCIATED PRESS

2.6%* It's a good day to start saving.

Enrol by October 31 and earn 2.6%* interest until December 31, 2015 on new deposits combined across any of these accounts:

- No fee bank account
- Interest Plus™ savings account
- Interest Plus™ RRSP
- Tax-Free Interest Plus™ savings account

Call 1 866 674 5611 or visit an in-store pavilion to enrol for this offer today.
pcfinancial.ca/rate



FINANCIAL.

That's just good banking.

*Rate subject to change, conditions apply. Visit pcfinancial.ca/rate for terms and conditions.

©/TM PC, President's Choice, PC Financial, President's Choice Financial, and Interest Plus are trademarks of Loblaw's Inc. Trademarks used under licence. CIBC is a licensee of the marks.

President's Choice Financial personal banking services are provided by the direct banking division of CIBC.



Royal Bank is phasing in its new system over three months. Proponents of the technology say it will improve security.

THE CANADIAN PRESS FILE

RBC eyes voice ID

BIOMETRICS

Banks striving for innovation to stem tech-savvy startups

Phone passwords and security questions could soon become obsolete as financial institutions race to implement technology that can verify a client's identity based on the characteristics of their voice.

After a successful pilot project last summer, Royal Bank is rolling out "voice biometrics" technology that can identify clients who phone the bank's call centres, in a matter of seconds.

Customers will have to opt in to the service, which is being phased in over a three-month period and has been created by tech firm Nuance Communications.

RBC says it is the first Canadian company to implement technology that can create and identify a client's "voiceprint," which consists of more than 100 different characteristics such as the client's pitch and accent, in the course of a regular conversation.

Manulife implemented similar technology for its banking clients and its retail advisers back in September, although users have to say a predetermined phrase — "At Manulife,

my voice is my password" — in order for their voices to be verified.

In addition to speeding up the customer service process — agents can immediately begin addressing a client's needs rather than peppering them with a series of security questions. Proponents of the technology say it will also boost security.

"It's easy to pick up a piece of mail and look at someone's confidential information, but you can't steal a voice," said Joanna Lohrenz, vice president of



You can't steal a voice.

Joanna Lohrenz

contact centres and customer experience at Manulife.

Financial institutions have been striving to innovate in re-

sponse to changing customer expectations and pressure from more agile, tech-savvy startups that threaten to snatch some of their market share.

Earlier this year, CIBC opened an innovation lab in Toronto to experiment with a variety of new technologies, including voice authentication similar to Apple's Siri, that would allow customers to use their voices not only to access their accounts but also to perform a variety of tasks such as pay bills, transfer money and even seek advice about budgeting.

CIBC is currently conducting research to determine how much appetite clients have for voice-authenticated banking.

THE CANADIAN PRESS

IN BRIEF

Google is now 'Alphabet'

Google Inc. on Friday completed the move to reorganize as Alphabet, and its stock will begin trading as Alphabet on the Nasdaq under the same tickers "GOOG" and "GOOGL" on Monday. Google said in August it would create a new company that would oversee both its lucrative Internet business and its growing flock of other ventures like building self-driving cars

and researching ways to prolong human life.

THE ASSOCIATED PRESS

Facebook jazzes profiles

Facebook is testing new profile videos that can be created from photos and would replace a still profile photo. The seven-second, looping videos play automatically when you look at a profile page. For now, only some iPhone users in California and the U.K. can make

them. Any Facebook user can see them. Facebook Inc. doesn't have a specific date for when it will expand the feature.

THE ASSOCIATED PRESS

VW Canada woos buyers

Volkswagen Canada is offering incentives to attract customers and offset lost sales since its parent company admitted last month that it cheated on government emission tests on

diesel-engine models. As of Oct. 1, VW Canada's choice of incentives include finance interest rates as low as zero per cent for up to 84 months, depending on the model, or lease rates as low as 0.9 per cent for up to 48 months, depending on the model, or up to \$6,000 cash back. On top of those options, VW is offering up to an additional \$1,500 in bonus cash.

THE CANADIAN PRESS



OTTAWA-CARLETON
DISTRICT SCHOOL BOARD

PUBLIC CONSULTATION

Policy Update for Pupil Accommodation Review Process

The Ottawa-Carleton District School Board currently undertakes school accommodation reviews in accordance with Policy P118.PLG, School Accommodation Studies.

The Ministry of Education has recently released an updated Pupil Accommodation Review Guideline (March 2015) and requires school boards to amend their policy documents to incorporate the requirements of the new guideline. These changes came about as a result of comments provided to the Ministry of Education from parents, schools/communities and school boards.

In an effort to develop a more streamlined and efficient accommodation review process, policy amendments include minimum standards required to ensure that valuable school and community input is heard when addressing the need for the movement of students, relocation of programming and/or the consolidation of facilities.

Details about this consultation can be found at: <http://goo.gl/9fJpqP>
Comments may be submitted to: commentsPARpolicyupdate@ocdsb.ca

The consultation will be web-based and will take place until October 28, 2015. We look forward to your consideration of the updated material and feedback.

www.ocdsb.ca

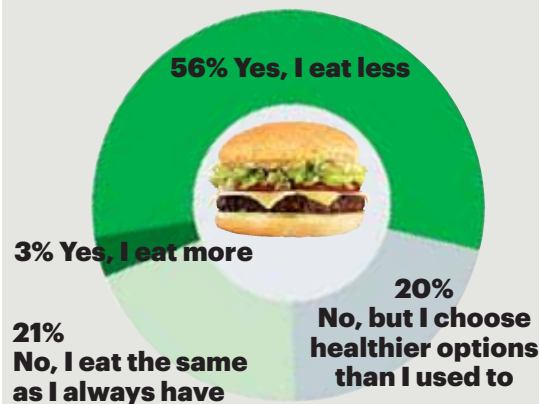


Metro MONDAY POLL

Would table service and automated ordering make you eat more fast food?

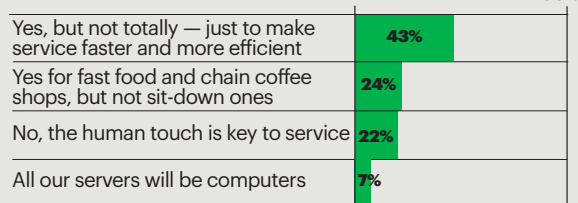
Last week, McDonald's Canada blew up the way it does business, adding touch-screen kiosks and table service, along with dozens of new burgers, cheese, bun and topping combinations to keep up with the trend of customization over comfort food. Traditional greasy fast fare has declined in recent years as people choose to drive by the drive-thru in favour of options like Chipotle. Metro asked readers, have these changes affected what you choose to chow down on?

1 Have you changed how much fast food you eat?



Visit metronews.ca every Friday to have your say.

2 Will automation will take over the business?



3 What changes might make you eat more fast food?

37% More fresh, healthy choices
 19% Lower prices
 17% More breakfast options all day
 6% Nothing. Fast food is gross and I avoid it
 5% More attention to food allergies, sensitivities and preferences (i.e. more nut-free, dairy-free, gluten-free or vegetarian options)
 5% More restaurants near where I live / work
 5% Make it automatic so I don't have to talk to anyone
 4% Nothing, I already eat enough/too much fast food
 2% Other

Locally sourced ingredients

Ethical choices

Reduce salt content dramatically

METRO READERS

metroview

I raise my double double to you, fellow Brantfordians

Liz Brown
 Metro | Toronto



Last week, I stumbled across a news story that has provided much insight into the origins of my Canadian patriotism.

Statistics Canada reports that my hometown, Brantford, Ont., is the city most proud of its Canadian identity, with 98 per cent of residents saying they take pride in just, well, being able to call themselves Canucks.

I'm convinced it's because this community cultivates pride in Canadian clichés in a way that puts Bob and Doug McKenzie to shame. Growing up there, you're constantly reminded that Brantford bred the world's greatest hockey player. And if you never move away, you think it's in perfect taste to hang Canadian flags as curtains on your bedroom window. A Sunday well spent is a game of street hockey, played to the sounds of The Tragically Hip (we once had a music festival called Hockey-fest), followed by domestic Canadian brews consumed in a garage.

As a kid, I knew that Wayne Gretzky's mom and dad — Walter and Phyllis — lived behind the Brantford Mall on Varadi Avenue and if you knocked on the door and asked nicely, Walter would take you for a tour of the basement that showcased memorabilia from his son's career. Walter had autographed sticks and pucks he'd gift to kids, like a sort of hockey Halloween.

As quickly as you can say Timbit, you're told that

Brantford, per capita, has the most Tim Hortons of any city in Canada. So strong was this urban legend, that a Brantford Expositor reporter went on assignment to uncover the truth back in 2007. Much to the city's disappointment, her research revealed Moncton, N.B., held that crown. But, she confirmed that Brantford does have the most Tim Hortons per capita in Ontario, and once boasted the busiest store, which, during peak hours, had to call the police to control the drive-thru chaos.

We love this Canadian institution so much, we're also home to the factory that bakes the doughnuts. The central bakery that ships frozen Tim's goods across Canada is on the east side of the city and coats the area in that familiar sugary, fried doughnut scent. If you ever happen to visit Brantford, start sniffing as you approach on the 403, right near Wayne Gretzky Parkway.

I live in Toronto now, and I'm often mocked for my "strong Canadian accent" and love for pedestrian activities like drinking beer in a garage. I'm aware that reducing Canadian culture to hockey, doughnuts and beers in a garage is incredibly simplistic and doesn't come close to capturing the character of this country. But there's a charming innocence in loving your country so much you take pride in these tropes.

So I raise my double double to you, fellow Brantfordians. Congratulations for putting our city on the map once again.

Our sense of safety is out of sync with reality

COLLINS' CAPITAL

Steve Collins



We don't seem to have a crime problem in this city so much as a fear problem, suggests an Ottawa police public survey that went to the police services board last week.

The most noticeable change was the potential anxiety in a simple trip downtown. Three years ago, 81 per cent of respondents felt safe in the city core during the day. In this year's survey, conducted by Leger between March and May, that had fallen to 60 per cent. After dark, it's 32 per cent.

Leger didn't have an overarching explanation for why four in 10 of us are looking over our shoulders in what by any measure is a very safe downtown, but suggested there might be "a general feeling of insecurity," lingering from last October's shooting

on Parliament Hill.

Perceptions of city-wide crime also moved further out of whack with available stats: 51 per cent of respondents are under the impression that crime has increased citywide. Only 33 per cent thought this the last time they were surveyed, in 2012.

On the evidence, though, they were wrong then and wrong now. The rate of reported crime fell two per cent in 2014, and violent crime by three per cent, in step with national rates, which have been trending downward for 20 years.

Interestingly, when it came to rating crime in their own neighbourhoods, 66 per cent felt (in most cases correctly) that it had decreased. Maybe it's easier to assess risks in familiar places you see with your own eyes.

Which brings us to the two places people reported feeling least safe after dark, bike paths

and walking trails, where only 19 per cent felt safe (down from 23 per cent in 2012) and transit stops, where 16 per cent felt safe (down from 20).

Barrhaven Coun. Jan Harder told the police board that she's personally not comfortable taking a bus home from downtown at 7 p.m., and was keen to make sure OC Transpo was aware of the findings.

Transpo did its own survey last year in which 71 per cent of men but only 49 per cent of women said they felt safe waiting for a bus late at night, still not an overwhelming vote of confidence, but more encouraging than in the police survey.

The transit survey asked respondents whether they actually took transit, so it could be that the wait for a late-night bus is less nerve-racking for transit riders who actually do it than for non-riders who would never attempt it.

With ridership weak for

years and bus schedules thinning out at night, bus stops can become desolate places. And in a few after-dark walks along city pathways this week, what I noticed most was that I was almost the only one there.

In both cases, there might be a self-perpetuating phenomenon at work. People are nervous because nobody's around, and nobody's around because people are nervous.

Leger advises the police to increase their visibility to bolster public confidence, but maybe we just need more public in our public spaces, people to just go downtown, take a bus, reassure themselves that it's pretty safe out there, and reassure others with their simple presence.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

metro
 Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER
 METRO EASTERN CANADA
Greg Lutes

MANAGING EDITOR OTTAWA
Steve Rennie

ADVERTISER INQUIRIES
adinftottawa@metronews.ca
 General phone 613-236-5058

FREE TO SHARE

PHILOSOPHER CAT
 by Jason Logan

ALL RISING TO A GREAT PLACE IS BY A WINDING STAIR.

FRANCIS BACON



The Girlboss guide to business

ENTREPRENEURSHIP

Author Sophia Amoruso spills the secrets to success

Amanda Valentovic
Metro | New York

Sophia Amoruso's book *#Girlboss* shares the story of how she started online clothing business Nastygal.com and turned it into a successful \$100-million company before she turned 30.

When the book was released in May 2014, *#Girlboss* spent 18 weeks on the New York Times bestseller list, and last week Amoruso kicked off the release of the paperback at the Union Square Barnes



It's not a bad thing to professionalize what you enjoy doing. It's what I did with vintage clothing.

Sophia Amoruso

and Noble with a conversation with Teen Vogue editor-in-chief Amy Astley.

Here are three things we learned about starting your own business from Sophia Amoruso:

Make something you love into your business

"It's not a bad thing to professionalize what you enjoy doing," says Amoruso. "It's what I did with vintage clothing."

If you really love your job, it will make your business more successful. Make sure that you're doing something

you love because you want to, not because of the attention you might get.

"If you're seeking the limelight, it won't work," Amoruso says.

Be ambitious and a team player

When hiring someone, Amoruso looks for a person who is willing to work — but not someone who isn't willing to learn.

"They're ambitious, but not entitled," Amoruso says about employees she looks for. "If you're like that, no one will want to be around you."

When you stay organized and on top of your job, you'll stand out from the crowd.

Earn everything yourself

"Working for things is really important," Amoruso says.

The reward will taste so much sweeter when you know you've earned everything you've worked for yourself, especially if you've been working toward a goal for a long time.

"There's only one first time that you can earn something yourself," says Amoruso. After that, more motivation will come to keep reaching for new goals.

Sophia Amoruso

KIMBERLY WHITE/
GETTY IMAGES



Providing free snacks to employees can give a substantial boost to morale, according to new research. iSTOCK

The sweet taste of good morale

Eleni Deacon

For Metro Canada



The recipe for exceptional workplace morale calls for fair paycheques, supportive bosses, and not-boring everyday work. But to truly ensure employees feel sprightly, the secret ingredients might be sugar and salt.

That's the implication of recent research from online grocery-delivery service Peapod. In a survey of 1,000 of

fice workers, the company found that 56 per cent of full-time employees were "extremely" or "very" happy with their jobs. It's a promising outcome. However, those rates climbed to 67 per cent among workers at offices that offer a game-changing bonus: free snacks.

Could a stocked fridge really help employers stack the deck in their favour? Despite the survey's bite-sized sample size, the outcome suggests that satisfying workers' mid-afternoon munchies

generates a higher level of overall satisfaction — which could potentially yield better-quality work and improved productivity.

It seems almost ridiculous that a Clif bar or banana could have a dramatic impact on workers' opinions toward their jobs. But while free snacks may seem like a superfluous perk, the feeling they inspire — in addition to "full," that is — might make a deep impression.

When presented with complimentary nibbles, few

employees will pass up the chance to chow down. But their ensuing contentment may not result from the fact of a full stomach so much as the sense of being valued by their employer.

Feeling appreciated by your direct supervisor is different than feeling appreciated by the organization for which you work. Free snacks, while seemingly of low significance, could provide a daily reminder that your company thinks beyond the bottom line.



Berlin's Museum Island features a cluster of buildings, each one dedicated to different parts of world history. At right: Jewish Museum Berlin, designed by Polish-American architect Daniel Libeskind. JOACHIM MESSERSCHMIDT AND JOCHEN KEUTE/GERMANY TOURISM

A rapidly changing city steeped in history

ARCHITECTURE

Berlin moves into the future while keeping its past intact

Eva Salinas
For Metro Life



Berlin's futuristic Humboldt Box — a cube-like metal and glass structure that sits in contrast to the old and massive museums that surround it — is a tourist draw.

On this particular day in July, in the middle of a heatwave no less, small crowds filtered in and out of rooms, looking at a miniature model of the city and watching videos.

A visiting Turkish journalist seemed perplexed. "Tourists come here to learn about a palace under construction?" she asked.

It seemed an odd attraction to her — a visitor's centre that overlooks restoration work on Berlin's Prussian royal palace, which remains closed to the public until 2019.

The palace, which was bombed in the Second World War and demolished in 1952 by the East German government, has been the "the missing piece" to complete the city's famous Museum Island, the centre's director reassured the woman. It will become the sixth building on the site, each one dedicated to different parts of history.

Once rebuilt, the director said, "you will have all the world's culture in one place." Construction cranes dotted the skyline behind him.

"Berlin is a city that is forever in the process of becoming," historian Rory Maclean wrote in Berlin: Imagine a City. With its streets, walls and rivers as witness to many significant moments in history, Berlin's identity is reflected by its ever-changing architecture.

This past Saturday, the country marked the 25th anniversary of the reunification of East and West Germany. While the fall of the wall in 1989 symbolized the end of the Soviet empire, reunification in 1990 represented the rebuilding of a nation — physically and ideologically. Since, Berlin has become the epitome of European cool — modern,

vibrant, green, and constantly adapting.

Much of Berlin's rebuilding is hidden to the visitor's eye, but some parts of the city give a nod to its past. Not far from the Humboldt Box, across the Lustgarten Park and around the corner, sits the Neues Museum, one of the best examples of architecture that incorporates a dark history with a modern edge.



Berlin's identity is reflected by its ever-changing architecture.

The building sat heavily damaged from WWII bombing until 1998, when restoration began by English architect David Chipperfield. It reopened to the public in 2009 — with new, lighter concrete slabs made to contrast older, pockmarked pieces.

Also in the city centre is the Jewish Museum, made up of two buildings, the second of which opened in 2001 and was designed

by Polish-American architect Daniel Libeskind. The exterior is a tall, silver, imposing, zig-zagging structure — an abstract Star of David — and the concrete inside, filled with darkness and light, is an experience in itself.

Over in former East Berlin, remnants of the wall can still be found, perhaps most famously at the open-air "Eastside Gallery" — a long stretch of wall covered in art commissioned and painted in 1990. One of the best-known paintings depicts a kiss between communists Leonid Brezhnev and Erich Honecker, captured in a photograph in 1979.

The city is full of these kinds of details — subtle nods to its past, remade to define its current and future identity.

As Berliners marked the weekend's anniversary, renovations were already underway to transform the former Tempelhof Airport grounds, which only recently hosted the Lollapalooza music festival, into temporary housing space for incoming refugees.

And so the city of perpetual change adapts, again.



Know yourself for better budgeting

MONEY

Changes mean nothing without true priorities

Gail Vaz-Oxlade
For Metro Canada



How many times have you tried sticking to a budget, using cash or noting your transactions in a spending journal? Tried and failed. If you want to stick with the changes you're making to better deal with your money, you should be able to identify at least one benefit you'll gain by making those changes.

Do you want to have more money in savings so you don't end up poor when you're old?

Do you want to set up an emergency fund so that when life throws caca at you, you have some options?

Do you want to get rid of your consumer debt once and for all so you're not always thinking about the disaster just around the corner?

What do you want? What's really, really important to you?

No two people are motivated by the same thing. I like having piles of money in the bank so that if anyone screws with me, I can tell 'em to take a long walk off a short pier. That's why I call my emergency fund my FU Account.

If I don't like what's happening, if someone tries to make me compromise my values, I just tell them FU!

I can do that with confidence because I've forgone the snappy shoes, the latest gadget, the snazzy appliances to have money in the bank instead. I know what's really important to me.

Do you know what's really important to you?

Grab a pen and piece of paper and write down the things that you consider the most important to you. Don't just write down what you think will make a good list. Be honest about what you want. Write down the things that really matter to you.

What makes you happy? What defines who you are? Where do you wish you were in your life? You may have to come back to your list a few times. Think. Jot notes. Think some more.

The next step is to write down the goals you want to



To ensure financial health, determine your goals and the things that matter most to you. ISTOCK

“What makes you happy? What defines who you are? ... What's really, really important to you, and what are you prepared to give up to get what you truly want?”

achieve over the next year, two years and five years. What do you want to accomplish? Write down everything you can think of.

Pick three things you think are most important from your list. That will mean ranking all your goals one, two, three in terms of importance, and then going back, pulling all the things you labelled with a one and then ranking those one, two, three.

Eventually you'll begin to see clearly what you're prioritizing.

It may take some time. You may be surprised. But you should at least know what turns your crank the most

so you're not fighting against your own best efforts.

Now compare your goals to what's really important to you. You may have ended up with “vacation” on the top of your goals list, while you're jawing on about “living debt free.” I'm not here to judge. It's your list.

So which is it? What's really, really important to you, and what are you prepared to give up to get what you truly want?

Good luck resolving your conflicts.

For more money advice, visit Gail's website at gailvazoxlade.com.



ARE YOU GOING TO TAKE THE BRIBE, OR ARE YOU GOING TO TAKE THE RIDE?

Listen weekdays at 7:00am, 9:00am, Noon, 3:00pm & 5:00pm for your cue to call. Be the 9th caller through 613-750-1069 and instantly qualify to win the Fiat 500 Abarth!

But we'll try and convince you to take your name out of the draw with a bribe.

Jump! 106.9 NON-STOP HITS



DETAILS AT JUMPRADIO.CA

*Model may not be exactly as shown. Open to residents of Ontario and Quebec

IN BRIEF

Canada wins its first-ever Junior Davis Cup title

Felix Auger-Aliassime and Denis Shapovalov won the decisive doubles match as Canada earned its first-ever Junior Davis Cup title with a 2-1 victory over Germany on Sunday.

Shapovalov opened the final with a 6-1, 6-4 triumph over Marvin Moeller to give No. 1 seeded Canada the 1-0 lead in the tie. Auger-Aliassime then lost his first match of the week, dropping a 6-3, 6-3 decision to Nicola Kuhn as Germany evened up the tie at 1-1.

After going 12-0 through its previous four ties, this was the first time Canada had to play a deciding doubles rubber. But Auger-Aliassime and Shapovalov were up to the task against Kuhn and Moeller, defeating the German duo 6-3, 3-6, 6-2 in a tight match.

THE CANADIAN PRESS

Arsenal whips Man United in opening 20 minutes

Alexis Sanchez's first-half double helped give Arsenal a 3-0 win over Manchester United in a dominant display that propelled the London club into second place in the Premier League.

Mesut Ozil also scored for Arsenal. His goal came in the seventh minute for a 2-0 lead. Sanchez capped the scoring in the 20th minute.

It was Sanchez's fifth goal in two league matches after his hat trick against Leicester last week.

THE ASSOCIATED PRESS

Liverpool gives Rodgers the boot after three years

Brendan Rodgers was fired as Liverpool manager on Sunday, paying the price for the club's 18-month slump since almost ending its long wait for an English league title.

Liverpool's American owners, Fenway Sports Group, chose the day of the Merseyside derby against fierce rival Everton to announce that Rodgers' three-year stint at Anfield was over. About three hours after the 1-1 draw at Goodison Park, Rodgers had his contract terminated. THE ASSOCIATED PRESS

Blue Jays stumble into ALDS against Rangers

MLB

Rays swiftly dispatch Buehrle in season finale

The Toronto Blue Jays' first-round playoff picture is complete as they'll face the Texas Rangers in the American League Division Series.

The AL East-champion Blue Jays will play host to the AL West-champion Rangers in Game 1 Thursday at Rogers Centre.

David Price will start for the Blue Jays, while Yovani Gallardo is expected to take the mound for the Rangers to begin the best-of-five series. Gallardo went 2-0 against Toronto this season and didn't allow a run.

The Blue Jays had a chance to earn home-field advantage throughout the playoffs but went 1-4 in their final five games after clinching the AL East, including a 12-3 loss Sunday to the Tampa Bay Rays. Despite that, the Blue Jays are healthy and confident going into the post-season.

"Tough last couple days, but we're feeling good right now," manager John Gibbons said. "Really, I guess you can say us and Texas are probably the two hottest teams the last two months. It's probably going to



Blue Jays second baseman Ryan Goins tags out the Rays' Brandon Guyer on Sunday in St. Petersburg, Fla. STEVE NESIUS/THE ASSOCIATED PRESS

be a pretty good matchup."

The Blue Jays were 50-51 when they acquired shortstop Troy Tulowitzki on July 29 and went 43-18 down the stretch. The Rangers were 48-52 that day and finished 40-22.

Toronto won four of the six games between the teams this season.

"It's still somewhat of a good feeling knowing that we actually played pretty well against

Texas this year," right-fielder Jose Bautista said. "Most of us do pretty well in that ballpark when we play there, too. It's one of those places where we always put up a lot of runs. It's a hitters' park just like ours. That's probably going to help us."

The Kansas City Royals, who led the AL for months, won five straight to end the season and earn home-field advantage.

Kansas City will face the winner of the AL wild-card game between the New York Yankees and Houston Astros.

In the National League, the New York Mets will face the Los Angeles Dodgers, while the Central Division-champion St. Louis Cardinals will play the winner of the wild-card game between the Pittsburgh Pirates and Chicago Cubs.

While the Blue Jays popped

TULO HEALTHY

Shortstop Troy Tulowitzki doubled in three at-bats during his second game after missing three weeks due to a cracked scapula and upper back bruises. He went 2-for-5 Friday.

champagne to celebrate their division title Wednesday in Baltimore, Texas needed a victory on Sunday to clinch the AL West. The Rangers' celebration was on clubhouse televisions at Tropicana Field after the Blue Jays' game against the Rays.

Cole Hamels, whom the Rangers acquired at the deadline before the Blue Jays got Price, started the final game of the regular season and would be on regular rest to pitch in Game 2 Friday.

Jays left-hander Mark Buehrle, whose attempt to reach 200 innings for the 15th consecutive season ended after he got only two outs Sunday, said he was told he would not be on the post-season roster.

"I'm disappointed, but they made the right decision," Buehrle said. "Those guys have been throwing the ball way better than I am, so they deserve to be on it. I'm going to travel and cheer my rear end off, and hopefully bring this thing back to Toronto." THE CANADIAN PRESS

NFL

Packers improve to 4-0 at the expense of 49ers



Packers linebacker Joe Thomas breaks up a pass intended for 49ers tight end Vance McDonald in Santa Clara, Calif., Sunday. EZRA SHAW/GETTY IMAGES

Once Aaron Rodgers and Co. warmed up in the second half, the Green Bay Packers kept their unbeaten start rolling.

Rodgers passed for 224 yards and a touchdown, ran 17 yards to set up a key second-half score, and the Packers beat the hapless San Francisco 49ers 17-3 on Sunday for their first 4-0 start in four years.

Richard Rodgers caught a nine-yard touchdown pass on the game's opening drive before Aaron Rodgers got his team going in the second half after a slow start to snap a four-game

48

The 49ers (1-3) have scored just 48 points while giving up 110.

losing streak to San Francisco, which included a pair of playoff defeats.

Clay Matthews added his own flair to this one. When he sacked Colin Kaepernick in the third quarter, he kissed his right biceps Kaepernick-style to

punctuate the play — one of Green Bay's six sacks.

While methodical with nothing fancy, Green Bay (4-0) seemed unfazed with a short week and long trip West after beating Kansas City last Monday night. This is the team's first 4-0 start since winning the initial 13 games in 2011.

The Packers certainly hope their trip to Levi's Stadium will be the first of two this season. The Super Bowl comes to the second-year, \$1.3-billion Bay Area venue in four months for its 50th edition. THE ASSOCIATED PRESS

RECIPE Basil Pesto Pizza with Ricotta and Sun-dried Tomatoes



PHOTO: MAMA VISEL

Ceri Marsh & Laura Keogh
For Metro Canada

Making pizza with flatbread means it comes together in a snap.

Ready in
Prep time: 20 minutes
Serves 4

Ingredients

- 2 cloves garlic, peeled and quartered
- 2 cups baby spinach
- 1 cup basil leaves
- 1/2 cup finely grated Parmesan
- 1/2 cup olive oil
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 large store bought flatbread
- 1 Tbsp olive oil
- 1 cup ricotta cheese
- 1/2 cup shaved Asiago cheese
- 1/4 cup chopped sun-dried tomatoes
- chopped basil for garnish

Directions

1. Preheat the oven to 375. Prepare a baking sheet with parchment paper.
2. In a food processor, mince garlic, then add the spinach, basil, Parmesan, oil and salt and pepper. Purée until smooth, scraping down the sides of the bowl as necessary.
3. Lay the flatbread out onto the prepared baking sheet. Sprinkle with a bit of olive oil. Spread the pesto across the top of the flatbread leaving a 1/2-inch border around the edges. Drop heaping tablespoons of the ricotta onto the pesto. Sprinkle with Asiago and sun-dried tomatoes
4. Bake for 8 to 10 minutes, or until the edges of the crust are golden brown and the cheese is melted. Remove from the oven and sprinkle with chopped basil and slice into triangles to serve.

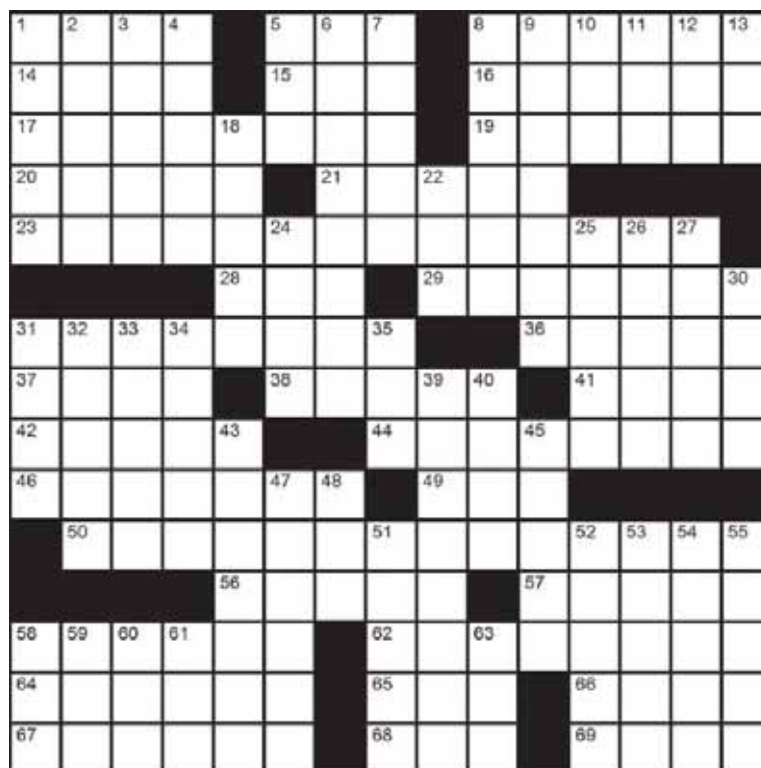
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Dungeon's de-meanour
5. Ancient yrs
8. "Poseidon" (2006) actress Emmy
14. Celebrity hair-stylist Jose
15. ___-dee-dah
16. Light bulb moment exclamation!
17. Roman Emperor portrayed by Malcolm McDowell in 1979
19. Actress Julia
20. ___ nothing
21. Pros opposites
23. Decorative artistry for which Metis people are renowned: 2 wds.
28. "___ of Love" (1989)
29. Autumn, and others
31. Ontario folk festival since 1961
36. Director's creation
37. Grad
38. Women's fitness magazine
41. Went
42. Chesterfields
44. ___Benz
46. "Bambi" (1942) character
49. "Rock and Roll, Hoochie ___" by Rick Derringer
50. L'___ (Worn around the waist, traditional clothing accessory of the Metis that is also functional)
56. "___ is an island entire of itself..." - John Donne



57. Like a shoe's support
58. Venerable
62. ___ flechee (Also worn in traditional French-Canadian apparel, alternative name of #50-Across' answer)

64. Robinson ___ (Daniel Defoe's 1719 book)
65. 'Capital' suffix
66. Make ___ for it (Go!)
67. Items that sound off in the kitchen
68. Mr. Danson

69. Sizeable story

6. Type of pipe made from the same-named gourd
7. Western film of 1953 starring Alan Ladd
8. Live somewhere
9. Did better competitively in the pool
10. Mister, in India

DOWN

1. Choice of coffee
2. Have ___ (Enjoy)
3. ___ Yello (Soft drink brand)
4. Previous
5. ___-ray player

11. French seasoning
12. Li'l instrument
13. Pas' partners
18. Comprehend
22. '___' ___ in Ta-doussac
24. Russian author Mr. Tolstoy's
25. Serenader's song: "___ Mio"
26. Wandered
27. Cook's tool
30. TV ___ (Electronics purchases)
31. Ship spar
32. Hawaii = The ___ State
33. "Tell Me Something Good": 1974 hit for what band?
34. Islamic leaders
35. Kanga creator's monogram
39. Toy dog breed [var. sp.]
40. Fun suffix to 'Switch'
43. Support a walk-a-thon
45. Sir Arthur ___ Doyle
47. Overacts
48. Spinning stat.
51. Unexpressed, but understood
52. Spanish titles for Misses, for short
53. Honda car
54. Cardigan-like garment
55. Carrion-consuming creature
58. Perform
59. Mr. Geller
60. Dental floss brand
61. Operate
63. "___ better be!"

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may want to start something new but before you do get the views of people you trust. There may be something you have missed that could cause problems later on.

Taurus April 21 - May 21
You may be tempted to get vocal with someone who has let you down but the planets warn that they hold the upper hand at the moment. Try criticizing them later in the week instead.

Gemini May 22 - June 21
You can be easygoing to a fault but you cannot expect others to be as accepting of the current situation as you are. Don't let others spoil your buoyant mood.

Cancer June 22 - July 23
Your feelings for a certain individual will reach a peak over the next few days, which is nice, but this may not be the best time to reveal your true thoughts and intentions. Keep them secret just a little while longer.

Leo July 24 - Aug. 23
Certain resentments will come out into the open where they can finally be dealt with. You have no choice but to confront them.

Virgo Aug. 24 - Sept. 23
You need to take care of certain duties that you have been avoiding. You've put them off long enough: now you must knuckle down and get ahead of the game. If you don't you will fall even further behind.

Libra Sept. 24 - Oct. 23
You will find it easier to express yourself when Mercury turns direct in your sign towards the end of the week. Between now and then though keep your thoughts and feelings to yourself.

Scorpio Oct. 24 - Nov. 22
Your feelings will be magnified to such an extent during the early part of the week that you may not be able to control yourself and that could cause trouble, especially at home.

Sagittarius Nov. 23 - Dec. 21
Cosmic activity urges you to have a good time socially but other aspects warn that authority figures still expect you to deliver on what you have promised. Work now, play later.

Capricorn Dec. 22 - Jan. 20
You may be hungry for success but you must not take liberties. Make sure there are no skeletons in your closet that your enemies can easily uncover. Bury them deep!

Aquarius Jan. 21 - Feb. 19
If a friend or colleague proposes that you do something different don't dismiss the idea out of hand. If you are too cautious now you may kick yourself later in the week.

Pisces Feb. 20 - March 20
Pisces is a mutable sign, and you are more flexible than most. That attribute should serve you well this week. While others are unwilling to adapt you will be making compromises and profiting from them.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



©2013 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers

for more fun and games go to
metronews.ca/games



CHARGED WITH
IMPAIRED DRIVING?



NEW Location: 1901 Bank Street

(613) 778-8660

Sleep Showcase™



Beautyrest



icomfort
by Serta



KINGSDOWN®
Over 100 Years of Mattress Innovation



OBUSFORME®



Virgin Latex



Adjustable Beds



ALL ON SALE

View the entire selection online: ALL THE PRICES, ALL THE DETAILS

We are the specialists with the most experience, the best comfort guarantee and we always beat the lowest sale prices anywhere including those 'only one left' offers.



Better
Business
Bureau
Honour Roll

 **Mattress Mart.ca**

Canada's Sleep Showcase™

ALL WEEK
TILL 9
SATURDAY
9-6
SUNDAY
11-5

60 COLONNADE RD.
SUPERSTORE & WAREHOUSE
Off Merivale Rd.
or off Prince of Wales
Just north of Hunt Club.
613-723-8634



KANATA
ACROSS FROM SOBEY'S
By McDonald's
Hazeldean Rd.
at Terry Fox.
613-831-9701



10th LINE
At Innes beside

613-837-0404



ORLEANS

ST. LAURENT BLVD.
AT THE 417
Right across
St. Laurent Blvd.
from the mall
613-744-7978



GATINEAU
BESIDE TOYS R US
Across from Costco
819-243-6688



GREER AT
MALONEY

*Delivery details online and in store.